

NEW MEXICO 4-H

Aggie Next Step

Decision Making



Post Secondary Pathways



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Decision Making

INTRODUCTION

Every day, we make thousands of decisions, from simple ones like what to wear to more serious ones that can impact our future. In this lesson, participants will understand different types of decisions, how their values guide them, and how to use a simple five-step process to make smart, confident choices.

SET UP

Review lesson materials and determine which worksheets and handouts you will use for the lesson. Print enough pre/post assessments, worksheets, and handouts for each participant.

ACTIVITY

1. Have participants complete the *Pre-assessment*.
2. Open discussion by asking the group how many decisions they think they make a day. (*Some say adults will make up to **35,000** decisions a day.*)

Q: *What decisions did you make by 10 am?*

Q: *What are the 3 most common types of decisions?*

3. Distribute *3 Common Types of Decisions* and discuss when we usually make each type of decision.

Q: *Who can give me examples of "everyday decisions"?*

Q: *Who can give me examples of "impulse decisions"?*

Q: *Who can give me examples of "thoughtful decisions"?*

4. Ask for volunteers to answer: *What guides our decisions?* (Steer them to "values.")
5. Discuss what values are, where we get our values, and what our values have to do with making decisions.
6. Distribute *Core Values List*.
7. Ask volunteers to give definitions of some of the values on the list and how it would influence a decision.

Supplies

- Worksheets
- Handouts
- Pens/Pencils

OUTCOMES

Students will be able to:

- **Identify** and distinguish between everyday, impulsive, and thoughtful decisions
- **Explain** the five-step decision-making process
- **Apply** the decision-making steps to real-life scenarios
- **Recognize** how personal values influence decision-making
- **Determine** when and how to seek help with making important decisions



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8. Transition to decision-making steps by asking any of the questions below.

Q: Is there a process involved in making decisions?

Q: What process do you use to make decisions?

Q: Is the process the same for everyone?

Q: Who thinks it is important to have a decision-making process? Why or why not?

Q: Should we make all our decisions alone? Why or why not?

Q: What are some examples of decisions we should seek help with?

9. Distribute *Five Steps to Decision Making*, asking volunteers to read the five steps.

10. This worksheet can be completed individually or as a group. When everyone is finished, discuss the process groups or individuals used to complete the worksheets.

11. If time allows continue with the **"lesson extension."**

12. *Exit Ticket* – depending on time, this can be done as a class discussion, or students can complete the worksheet in class, as homework, or the following class.

13. Have participants complete *Post-assessment*.

LESSON EXTENSION

Decision Making Practice

Practicing the decision-making process helps reinforce its importance and builds confidence. By working through real-life scenarios step by step, participants gain experience and a better understanding of how using a process leads to better decisions.

1. Break the group into teams of three.
2. Distribute a scenario to each team from the *Decision-Making Scenarios*.
3. Explain that they must come up with at least four options and possible outcomes.
4. Allow 10 minutes for the teams to work through the five decision-making steps.
5. Have each team present their scenario, including their options, possible outcome, and their final decision.
6. Allow for class discussion on any options or outcomes the team might have overlooked.
7. If time allows, distribute a second scenario to each team and repeat.
8. Finish with some time for reflective comments/discussion and evaluation.



Decision Making

WRAP UP

Making good decisions isn't about being perfect—it's about thinking through your options, staying true to your values, and learning from experience. With practice, you'll become more confident in your choices and better prepared to handle life's challenges. Remember, thoughtful decisions today shape your success tomorrow.

RESOURCES

NM Standards:

NM PED Standards: Career and Technical Education (CTE):

CTE 2.1.9: Listen to and speak with diverse individuals to enhance communication skills

CTE 3.1.1: Employ critical thinking skills to solve problems and make decisions

CTE 3.2.1: Understand problem-solving techniques

CTE 9.1.1: Identify and demonstrate the use of positive work behaviors and personal qualities needed to be employable

Common Career Technical Core (CCTC) Standards: Career Ready Practices (CRP):

CRP-5: Consider the environmental, social, and economic impacts of decisions

CRP-8: Utilize critical thinking to make sense of problems and persevere in solving them

CRP-10: Plan education and career path aligned to personal goals

Optional ELA Alignments (Grades 6-12)

SL1: Participate in a range of conversations and collaborations

Video Resources:

Note: Please preview all videos before showing them to students to ensure they are age-appropriate, relevant, and aligned with your classroom needs.

Social Emotional Learning Video Lessons - Responsible Decision Making Week 3

<https://www.youtube.com/watch?v=y8Ef94msjoU>

You Make 35,000 Choices Every Day! (Create the Best Version of Yourself)

https://www.youtube.com/watch?v=3dQf7dQ_y4M

Decision Focus 04 - Clear Values

https://www.youtube.com/watch?v=te_h08znkz4